



Living Better: Our Cognitive Behaviour Therapy (CBT) Pathway for Anxiety and Depression

Feeling low, worried, or stuck in cycles of negative thinking can make everyday life feel exhausting. If your thoughts and feelings are getting in the way of living the life you want, you are not alone. This online CBT pathway has been designed for adults experiencing anxiety, depression, and a range of other difficulties — offering a structured, evidence-based route to feeling better, guided throughout by a skilled CBT professional.

Rather than working through content alone, you'll be supported by a qualified therapist who brings expertise, warmth, and clinical insight to your journey. CBT (Cognitive Behavioural Therapy) is one of the most extensively researched and widely used psychological therapies available, helping you to understand the connections between your thoughts, feelings, and behaviours — and to develop practical skills to begin shifting unhelpful patterns. Your therapist will work collaboratively with you, tailoring the approach to your individual needs and goals. Together, you'll explore:

- **Understanding your difficulties** — making sense of how anxiety, depression, or other challenges have developed and what keeps them going
- **Identifying negative automatic thoughts** — recognising the thinking patterns that fuel distress and learning to examine them more objectively
- **Cognitive restructuring** — challenging and reframing unhelpful beliefs to develop a more balanced and compassionate perspective
- **Behavioural activation** — gradually rebuilding motivation, routine, and enjoyment in daily life
- **Managing worry and rumination** — developing strategies to break cycles of overthinking and avoidance
- **Relaxation and grounding techniques** — building a toolkit of practical skills for managing difficult moments
- **Relapse prevention** — consolidating progress and developing a personalised plan to maintain and build on your gains long term

Delivered online for flexibility and convenience, this pathway combines the proven effectiveness of CBT with the personal guidance of a trained professional — so

you're never navigating your mental health alone. Sessions are paced to suit you, with your therapist providing ongoing feedback, support, and encouragement throughout.

Flexible Appointments to Fit Around Your Life

We understand that seeking support shouldn't come at the cost of your work or daily commitments. That's why appointments are available during evenings and weekends, as well as standard daytime hours — making it easier for those in employment, with caring responsibilities, or busy schedules to access the help they deserve. All sessions are conducted securely online, removing the need to travel and allowing you to engage with therapy from the comfort of your own home.

Is This Pathway Right for Me?

CBT is an evidence-based treatment recommended by NICE for a wide range of mental health difficulties, and this pathway is suitable for adults experiencing:

- Anxiety and generalised anxiety disorder (GAD)
- Depression and low mood
- Panic disorder and agoraphobia
- Social anxiety disorder
- Obsessive compulsive disorder (OCD)
- Post-traumatic stress disorder (PTSD)
- Health anxiety
- Specific phobias
- Low self-esteem and negative core beliefs
- Sleep difficulties and insomnia
- Stress and burnout
- Anger management difficulties

If you're unsure whether this pathway is the right fit for you, our team will carry out an initial assessment to ensure you're matched with the most appropriate level of support.